WHAT IS CLAIMED IS:

1. A height-adjustment mechanism for an armrest, comprising:

an integral one-piece sleeve having pivot seats formed on a pair of locking arms depending from a first wall of said sleeve.

2. The height-adjustment mechanism of claim 1, wherein said pivot seats are suitably shaped to receive pivot pins and facilitate rotation of said pivot pins therein.

3. The height-adjustment mechanism of claim 2, wherein said pivot seats are generally U-shaped and inclined downwardly, such that pivot pins received therein are prevented from being unseated when pulled upwardly.

4. The height-adjustment mechanism of claim 3, wherein said locking arms extend upwardly and cant away from said first wall of said sleeve.

5. The height-adjustment mechanism of claim 1, wherein said locking arms are sufficiently resiliently flexible to facilitate snap-fitting of pivot pins between said locking arms and an inner wall of said sleeve.

6. The height-adjustment mechanism of claim 5, further comprising ramps provided at the top of said locking arms to guide said pivot pins into said pivot seats during assembly.

7. The height-adjustment mechanism of claim 1, wherein said sleeve is made of a material suitable for integrally forming said locking arms in an injection-moulding operation.

8. The height-adjustment mechanism of claim 7, wherein said material is a plastic.

9. The height-adjustment mechanism of claim 1, further including a leverage body having a handle, a resilient biasing member projecting forwardly, a tongue projecting rearwardly, and a pair of pivot pins projecting from opposed sides, said pivot pins being seated in said pivot seats.

10. The height-adjustment mechanism of claim 9, wherein said leverage body is elongate, said handle being located at an upper portion of said body, said tongue being located at a lower portion of said body, and said pair of pivot pins being located intermediately between said handle and said tongue.

11. The height-adjustment mechanism of claim 10, wherein said biasing member is a depending finger.

12. The height-adjustment mechanism of claim 11, wherein said depending finger is attached between said pair of pivot pins and said tongue.

13. The height-adjustment mechanism of claim 11, wherein said depending finger is attached at a lower end of said body.

14. The height-adjustment mechanism of claim 9, further including a support and a plurality of ribs extending from inner walls of said sleeve to form a channel slidably receiving said support.

15. The height-adjustment mechanism of claim 14, wherein said support includes a plurality of spaced slots and receives said tongue of said leverage body in one of said slots, said leverage body being operable by an operator to disengage said tongue from said one of said slots for height-adjustment of said mechanism.

16. The height-adjustment mechanism of claim 15, wherein said biasing member projects forwardly to engage said first wall of said sleeve and biases said tongue rearwardly, towards said slots on said support.

17. The height-adjustment mechanism of claim 16, wherein a vertical groove joins all of said slots on said support.

18. The height-adjustment mechanism of claim 17, wherein said tongue of said leverage body includes a base and a tip, and said tip of said tongue is adapted to continuously engage

said vertical groove when said base of said tongue is disengaged from said slots during height-adjustment of said mechanism by an operator.

19. The height-adjustment mechanism of claim 18, wherein said tip of said tongue includes a ramped surface on its lower portion to assist, during assembly, in fitting said tip of said tongue over said support and into said vertical groove.

20. The height-adjustment mechanism of claim 9, wherein said leverage body is made of a material suitable for integrally forming said handle, said resilient biasing member, said tongue and said pivot pins in an injection-moulding operation.

21. The height-adjustment mechanism of claim 20, wherein said material is a plastic.

22. The height-adjustment mechanism of claim 9, wherein said biasing member projects forwardly to engage said first wall of said sleeve and biases said pivot pins rearwardly into said pivot seats when a neck of said leverage body abuts said first wall of said sleeve.

23. The height-adjustment mechanism of claim 22, wherein said pivot seats are generally U-shaped and inclined downwardly, such that said pivot pins are prevented from being unseated when pulled upwardly.

24. The height-adjustment mechanism of claim 23, wherein said locking arms extend upwardly and cant away from said first wall of said sleeve.

25. The height-adjustment mechanism of claim 14, further including an anti-rattling finger formed on one side of said channel, said anti-rattling finger biasing said support against another side of said channel in order to reduce rattle.

26. The height-adjustment mechanism of claim 14, further including the height-adjustment mechanism of claim 10, further including a track on one side of said channel, and an insert with an anti-rattling finger retained in said track, said anti-rattling finger extending to bias said support against another side of said channel in order to reduce rattle.